

SASKATCHEWAN LEARNING
CRYSTAL METH AND DRUG AWARENESS IN THE CONTEXT OF
HEALTH EDUCATION

INFORMATION FOR PARENTS

Life Transitions 20, 30: A Curriculum Guide for the Secondary Level (1996)

<http://www.sasklearning.gov.sk.ca/docs/life/index.html>

Module	Drug Education and Awareness
Module 7: Community Issues and Ethics (e.g., crystal meth)	Your young adult will learn to: <ul style="list-style-type: none"> • reflect on community issues or ethical issues (e.g., crystal meth) • design and carry out action plans to resolve/predict/illustrate/analyze/draw conclusions about a community or ethical issue (e.g., crystal meth).
Module 13: Health Self-care	Your young adult will learn to: <ul style="list-style-type: none"> • give examples of different health care facilities and types of treatment (including treatment related to crystal meth and other drugs)

SASKATCHEWAN HEALTH HOTLINE 1-877-800-0002

Health Education and Drug Awareness (e.g., Crystal Meth)
Recommended Learning Resources – Secondary Level (Grades 10-12)

Flipping the World: Drugs Through a Blue Lens (Video). National Film Board of Canada, 2000. 30 min. Order no. C9199 302

(CAN) In this program, the Odd Squad, a detachment of the Vancouver Police, films drug addicts on the east side of the city. The Odd Squad then works with seven high school students who view the footage and meet some of the addicts who are either still using drugs or are in a recovery program. Throughout this process, the students experience a shift in attitude toward drugs and the people who use them.

Highs!: Over 150 Ways to Feel Really, Really Good... Without Alcohol or Other Drugs (Print-Non-Fiction). Packer, Alex J. Free Spirit Publishing, Inc., 2000. 151 p. ISBN 1-57542-074-0.

Stress is a factor that affects virtually everyone in our society. This resource provides an informative and entertaining look at what stress is all about and how to relieve stress through natural means. The author discusses the benefits of each of the techniques in decreasing stress. He also provides suggestions on how to carry out the activities and lists agencies to contact for professional instruction. The activities discussed cover a very broad range from breathing exercises to the benefits of exercise, sports, healthy eating, intellectual pursuits and connecting with friends, family and pets. An index is included.